
From: Rich Murray <rmforall@gmail.com>
Sent: Saturday, March 09, 2013 4:28 PM
To: aspartame@yahoogroups.com; Rich Murray
Subject: Cancer and premature birth fears linked to fizzy drink sweetener, Sean Poulter, dailymail.co.uk, 256 comments: Rich Murray 2013.03.09

Cancer and premature birth fears linked to fizzy drink sweetener, Sean Poulter, dailymail.co.uk, 256 comments: Rich Murray 2013.03.09
<http://rmforall.blogspot.com/2013/03/cancer-and-premature-birth-fears-linked.html>

<http://www.dailymail.co.uk/news/article-2290544/Aspartame-Cancer-premature-birth-fears-linked-fizzy-drink-sweetener.html?ito=feeds-newsxml>

Cancer and premature birth fears linked to fizzy drink sweetener
By SEAN POULTER
PUBLISHED: 20:44 EST, 8 March 2013 | UPDATED: 08:22 EST, 9 March 2013
Comments (276)

Controversial: The authority's view will be welcomed by manufacturers who use aspartame and similar sweeteners in fizzy drinks such as Diet Coke

A leading British expert has called for an investigation into serious health concerns over the artificial sweetener aspartame – after the EU food watchdog insisted it was safe.

The European Food Safety Authority has published a draft scientific opinion effectively rubbing out more than 20 studies which have identified potential problems with the sweetener, ranging from premature births to cancer.

The authority's view will be welcomed by manufacturers who use aspartame and similar sweeteners in fizzy drinks such as Diet Coke, and diet foods consumed by millions of people every day.

But Erik Millstone, professor of science policy at the University of Sussex, has challenged the 'biased' and 'deeply flawed' EFSA opinion.

Professor Millstone has been a leading expert on food policy in the UK for many years and his lobbying was instrumental in the setting up of Britain's Food Standards Agency.

The way the EFSA assessed the evidence on aspartame was 'perverse and biased', he claimed.

He added: 'The panel could only have reached its conclusion that aspartame is safe by implicitly assuming that almost all studies

indicating no adverse effects are entirely reliable – even though they have numerous weaknesses and were almost all commercially funded, while all the studies indicating that aspartame may be unsafe are deemed unreliable – even though they sometimes have particular methodological strengths and even though they have all been funded independently of vested commercial interests.’

He also suggested that the EFSA panel that carried out the assessment was dominated by experts linked to manufacturers or regulators that have previously supported aspartame.

Professor Millstone said: ‘Of the 17 members of the EFSA panel, seven have direct commercial conflicts of interest, and another five have institutional conflicts of interest, for example, because their employers have already announced that aspartame is safe.’

He pointed to several convincing studies that raise real questions about the safety of aspartame and justify the need for further research.

An EU-funded project published in 2010 found that pregnant women who drank fizzy drinks containing artificial sweeteners appear to be at greater risk of having a premature baby.

He also highlighted work by the independent Ramazzini Foundation in Italy.

Its scientists have published research suggesting aspartame caused several types of cancer in rats at doses very close to the current acceptable daily intake for humans.

Professor Millstone said the EFSA should discount the draft report and convene a new panel composed only of experts who are free of any conflicts of interest.

Add your comments Comments (276)

Read more: <http://www.dailymail.co.uk/news/article-2290544/Aspartame-Cancer-premature-birth-fears-linked-fizzy-drink-sweetener.html#ixzz2N4tEeadp>

[996 characters]

A litre aspartame diet drink and a pack cigarettes both give 60 mg methanol (wood alcohol), which is made into formaldehyde right inside cells in 19 human tissues with high levels of ADH1 enzyme --

Google "Prof. Woodrow C. Monte", "While Science Sleeps" for 2012 January textbook, backed up by free online archive of 745 medical research references...

Methanol also comes from unfresh fruits juices vegetables cut up and preserved wet at room temperature in sealed cans jars plastic containers, fresh tomatoes, dark wines and liquors, smoked fermented

spoiled foods, jams jellies marmalades.

Methanol, with a half-life of 3 hours, goes with the blood to all parts of the body and fetus every minute, and in the 19 vulnerable tissues causes Alzheimer's and multiple sclerosis, lupus, atherosclerosis, diabetes 2, arthritis, many cancers, and birth defects spina bifida, autism, Fetal Alcohol Syndrome, and low birth weight.

Humans are 10 to 100 times more vulnerable than any other animal.

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Working in a sports centre cafe, I saw people considered energy drinks and diet coke as 'healthy' alternatives. I just dished up their cheesy chips with a sigh and a shrug. When I told the doctor we drink matcha green tea with manuka honey, and home-made smoothies with rice milk ...he made a face like a kid being forced to eat liver. So, what's going on?

- Enufsenuf, Canterbury, United Kingdom, 9/3/2013 7:24

Click to rate Rating 73Report abuse

So sick of seeing these articles! I'm not saying any of it isn't true but I mean cola gives you cancer bread gives you a heart attack fruit gives you a miscarriage and so on and so on! Go away

- Girl, UK, 9/3/2013 7:20

Click to rate Rating 17Report abuse

I can't drink or eat food with it in or I get a rash on my chin. And know people who drink coke who have the same rash that I used to get ... It's nasty stuff. I have to read every label, it's in yoghurts and sauces not just pop. It's not right - I should be able to sue the FSA

- amelia, Cardiff, 9/3/2013 7:19

Click to rate Rating 75Report abuse

FINALLY!! As I Always knew Aspartame IS extremely bad for us. Will the ignorant listen??

- Musicman, Cardiff, 9/3/2013 7:03

Click to rate Rating 130Report abuse

NOTHING IS SAFE! Consume nothing.

- Lou Carpenter, Kettering, 9/3/2013 7:02

Click to rate Rating 55Report abuse

US Air Force instructed their pilots not to drink anything with Aspartame in years ago because of it's side effects!!

- Sarah, Warwickshire, United Kingdom, 9/3/2013 7:00

Click to rate Rating 110Report abuse

I seem to remember over 20 years ago they were trying to link aspartame to ovarian cancer because of a study that had been done in either Australia or New Zealand. Experts dismissed it by saying you'd have to consume it massive quantities. However, I know somebody who worked for Coke and he told me he never drank any of their products because he knew exactly what went into them. Of course when I was a child we had tartrazine loaded squash, which made you all orange around your mouth!

- elgar61, Fife, United Kingdom, 9/3/2013 6:58

Click to rate Rating 55Report abuse

I'm sure it was banned in Canada about 10 years ago and this is well known already. I have always avoided all artificial sweeteners. Sugar may have its own health risks but they are nothing in comparison to these poisons.

- TerribleTwo, Cloud Cuckoo Land, 9/3/2013 6:51

Click to rate Rating 85Report abuse

Does anyone have that soda machine that you make your own fizzy drinks? I forget what its called. You just use water and there is a carbonation unit that goes with it. There are all kinds of flavors to add, too. I am wondering how ppl like this as an alternative to soda. I think this would be much healthier. I have avoided aspartame like the plague also! SHOULD BE BANNED!

- Jane, Racine, 9/3/2013 6:46

Click to rate Rating 46Report abuse

Keep drinking that stuff and you will find your ass-part-ami.

- gildedtumbil, South Tyneside, 9/3/2013 6:45

Click to rate Rating 9Report abuse

Incidentally, it is banned in many other countries.

- Woodstock, Up Pompeii, Bonaire, Sint Eustatius and Saba, 9/3/2013 6:43

Click to rate Rating 8Report abuse

That aspartame is dangerous has been known for ages. I was shock to discover recently, however, that a medication (calcium/D3), PRESCRIBED TO ME BY SPECIALIST, contains aspartame! Needless to say I will be buying D3 online in future, and making sure of its ingredients/fillers.

- Woodstock, Up Pompeii, Bonaire, Sint Eustatius and Saba, 9/3/2013 6:41

Click to rate Rating 8Report abuse

Just read the book Sweet Poison. No sweeteners for me ever again.

- thesimethings, somewhere out there, 9/3/2013 6:34

Click to rate Rating 8Report abuse

All products that contain aspartame should be BANNED, but then again the government allows this to be put in everything to dumb us down and to calcify our pineal glands. Time to wake up everyone

- TheTruthNothingBut, Preston,United Kingdom, 9/3/2013 6:31

Click to rate Rating 15Report abuse

I'm having some diet iced tea now with aspartame and have been trying to avoid. Is Splenda any better? I lost my sister to brain cancer and she drank lots of diet coke... been trying to avoid too much sugar, just can't win..

- Andrew_59, Richmond VA, United States, 9/3/2013 6:19

Click to rate Rating 5Report abuse

It's a good thing someone like Professor Millstone is speaking out about this. So many politicians have been bought off by lobbyists of various big businesses that many chemicals that should be banned are not.

- VisceralRage, London, United Kingdom, 9/3/2013 6:18

Click to rate Rating 13Report abuse

just stay away from all sodas....they WILL kill you...give you diabetes at the least...or worse.....cancer. Coke diet or otherwise will clean an engine in 12 hours or dissolve something after a certain amount of time at the least.

- Siobhan, San Francisco, United States, 9/3/2013 6:17

Click to rate Rating 6Report abuse

This really isn't news. Health conscious people have known all along this is a poison that contributes to a lot of disease. Have a look at the shady history of aspartame. Politics and money will ensure it stays in the food chain while the dumbed down masses guzzle it down with their fluoride and GM's.

- James, London, 9/3/2013 6:06

Click to rate Rating 23Report abuse

Aspartame will be added to milk here soon, just as they are doing in America.

- mickie7, Harrogate, 9/3/2013 5:57

Click to rate Rating 7Report abuse

I have drank the stuff for 30 years and still fit and healthy! I just ignore stories like this now because everything that we eat or drink is dangerous according to one crackpot or another

- Keithpops, Wigan, United Kingdom, 9/3/2013 5:55

Click to rate Rating 6Report abuse

It has been well known about Aspartame for years but people don't care. Nothing better than natural stuff like pure local honey!

- Lady N., Cheshire, 9/3/2013 5:55

Click to rate Rating 10Report abuse

The health issues may be debatable, but it certainly tastes awful.

It's also becoming increasingly difficult to avoid.

- Just Dan, Harrow, United Kingdom, 9/3/2013 5:54

Click to rate Rating 9Report abuse

Aspartame has always been a concern - but the caramel colouring equally so - found in the colas, but also soups etc - nothing is guaranteed anymore.

- Phil, Exeter, 9/3/2013 5:49

Click to rate Rating 6Report abuse

America bans these things when they realise how bad they are for you, why don't we??

- Jane, Kent, 9/3/2013 5:39

Click to rate Rating 2Report abuse

@BringBackHanging: "I looked up 'the truth about aspartame' years ago and immediately banned it from my family's diet. I'm sure it's a major factor in the made-up syndromes that so many young people are diagnosed with these days." - why did you ban it if you think it's a factor in 'made-up syndromes'?

- Thappers, Bristol, 9/3/2013 5:38

Click to rate Rating 8Report abuse

I have given up diet coke this year. But i did drink it through my second pregnancy and my daughter was born 10 days late.

- Kelly, Surrey, 9/3/2013 5:36

Click to rate Rating 1Report abuse

I knew someone who suffered from migraines. The doctor told my friend not to eat or drink anything that contained Aspartame. Since then they have not occurred. Even some orange squash drinks contain it. - Buggy, Malaga, United Kingdom, 09/03/2013 07:11. That's interesting cos I have often found a can of diet coke helps my migraines? - LisaB, Brantham _____ I don't know why you're getting red-arrowed - it's the caffeine in the diet coke that helps your

migraines. They even use it in migraine medicine. I used to drink it for mine, too - I'm also diabetic so I can't have regular pop. But try coffee instead - you'll find that works better as long as it isn't decaf.

- someone, somewhere, 9/3/2013 5:33

Click to rate Rating 9Report abuse

Does this apply to splenda? Some pop has that. Or is it the fizzy in the drink as well? Then does that apply to any carbonated drinks like sparkling water?

- someone, somewhere, 9/3/2013 5:28

Click to rate Rating 2Report abuse

Drink only water which is what man drank for 2 million years to not surprisingly is best for you. It's all I drink and I am never ill.

Fizzy drinks are one of the biggest causes of obesity, even no calorie diet drinks make people eat more.

- EnglishRose, London, United Kingdom, 9/3/2013 5:25

Click to rate Rating 5Report abuse

And linked to MS. It's deadly! And sadly, it's everywhere. On holiday recently I avoided the cooked breakfast (silly!) and went for the fruit and yogurt. To my horror, having eaten it I checked the label and found it was diet yogurt and contained aspartame - I would have been better off having the cooked breakfast - the non-horse version!

- down in the country, hampshire, United Kingdom, 9/3/2013 5:21

Click to rate Rating 3Report abuse

So they're now trying to ban aspartame and possibly replace it with sucralose? This is the most cancer causing sweetener on the market!!

Don't believe the studies saying this is a safe sweetener because these studies were funded by the people that make sucralose in the first place. Type in sucralose DNA damage.

- Crazy-World, Whitby, United Kingdom, 9/3/2013 5:21

Click to rate Rating 4Report abuse

I recently had an MS type episode which has left me blind in one eye, the ONLY lifestyle change I made was swapping sugar for aspartame, I was probably eating one tub a week in tea, coffee, cooking etc wish I never had

- Swigoden, chester, 9/3/2013 5:17

Click to rate Rating 5Report abuse

I'm currently reading a book about changing your diet, there was a section about aspartame. In America it was banned, then over time it was approved, then suddenly the people who approved it in the FDA (food and drug association) were getting high wage jobs with the company selling aspartame to food and drink companies. Really dodgy deals going on!

- amydays, UK, 9/3/2013 5:14

Click to rate Rating 9Report abuse

Mass medication, continuing the experiment in controlling the population, next is stepping up fluoride in the drinking water.

- pete, Northamptonshire, United Kingdom, 9/3/2013 5:05

Click to rate Rating 3Report abuse

Aspartame is a cause of metabolic disease, spontaneous abortion, premature birth, birth defects... The list continues. Aspartame and HFCS should be taken off the market.

- Omnivorous Fitness Bombshell, United States, 9/3/2013 5:04

Click to rate Rating 4Report abuse

News to me -_-

- Millie, Vancouver, Canada, 9/3/2013 5:02

Click to rate Rating 3Report abuse

I'm happy I drink regular cola!

- Noodle Doodle, Noodle Town, 9/3/2013 5:00

Click to rate Rating 3Report abuse

I've always avoided these drinks also and anyway the taste is awful.

And certainly I wouldn't trust those nice family friendly drinks producers one iota to be objective in honesty as to the safety of the product. But I wonder where the EFSA would get a panel of experts free of conflicts of interests even if they wanted to risk it..

- Fulminator, Luanda, Angola, 9/3/2013 5:00

Click to rate Rating 1Report abuse

Lisa- Aspartame is not banned in American fizzy drinks. It's used in diet fizzy drinks

- OmnivFitBombshell, Somewhere, United States, 9/3/2013 4:59

Click to rate Rating 5Report abuse

I remember reading articles about the carcinogenic effects of aspartame years ago. Why wasn't it banned then? Answer: because the food manufacturers will feed you anything at all if it will turn them a profit. Even if you can't read what's in the small print, you can't help but taste the vile stuff when you drink it - it tastes awful.

- esratraf, kybher pass, 9/3/2013 4:58

Click to rate Rating 5Report abuse

If its not natural, don't take it all the time!

- Angel, I care., Australia, 9/3/2013 4:55

Click to rate Rating 3Report abuse

This has been know for a while, I always warn people when i see them drinking these kind of drinks, just Google what cola's do to you, not just the Aspartame, its also the corn syrup .Major cause of obesity as well. They don't even quench your thirst either. just leave you wanting more

- harry100, Norwich, 9/3/2013 4:46

Click to rate Rating 3Report abuse

When does this end?...yesterday the "experts" told us it is sausages and bacon that will see us all off, today it's fizzy drinks.

- five times, LIVERPOOL, United Kingdom, 9/3/2013 4:45

Click to rate Rating 1Report abuse

I've had migraines since being about 10, leaving me unable to work for a day or so every time. Someone mentioned aspartame about a year ago and since cutting it out, I've had none. It's really nasty stuff, someone i know that suffers with MS cut it out and her symptoms got a lot better!

- alex, manchester, 9/3/2013 4:35

Click to rate Rating 2Report abuse

"The European Food Safety Authority has published a draft scientific opinion effectively rubbishising more than 20 studies which have identified potential problems with the sweetener, ranging from premature births to cancer."----- If the EFSA had banned aspartame, it would have "rubbished" the HUNDREDS of studies that

found aspartame safe!

- John S, Bromley, United Kingdom, 9/3/2013 4:30

Click to rate Rating 2Report abuse

That's interesting cos I have often found a can of diet coke helps my migraines?- LisaB , Brantham, 09/3/2013 09:29 -That's probably due to the caffeine. You'd be better off having a cup of coffee.

- Panimo, Sauna, Finland, 9/3/2013 4:26

Click to rate Rating 2Report abuse

I was astonished to see on a BBC TV programme a scientist state aspartame doesn't cause cancer when studies have linked it to some brain tumours, it is also known to have an impact on joint pain. Is this yet another Global warming type issue I wonder

- CardiffFlo, Cardiff, 9/3/2013 4:26

Click to rate Rating 3Report abuse

It is about time people are tuning into this. Check asparatame and its history on the web....

- Marie, Panama, 9/3/2013 4:26

Click to rate Rating (0)Report abuse

Oh here we go,what next... God no one can life a life without the fear of cancer, so just give it a rest. Its always,Don't eat this don't eat that.

- kimberley, Bournemouth, 9/3/2013 4:25

Click to rate Rating (0)Report abuse

Makes me now wonder as my little girl arrived 10 weeks early no reason but placenta was disintegrating, I wonder was aspartame part of the problem?? She's fine now but I had never known a health risk with aspartame It should be banned along with any other additives that are questionable...

- Berries, Dublin, Ireland, 9/3/2013 4:22

Click to rate Rating 3Report abuse

I worked with someone who became very ill from drinking a very well known energy drink to the extent she was hospitalised for tests. The problem was traced to aspartame.

- Never vote Tory, Cheltenham, United Kingdom, 9/3/2013 4:18

Click to rate Rating 7Report abuse

Aspartame has been blamed for causing everything from spots to tidal waves yet study after study, proper scientific studies, have failed to find any evidence. The wide range of alleged side effects should alert people to the fact that this is conspiracy led junk science. There are more harmful substances in fizzy drinks which justify avoiding them, caffeine for example the effects of which are well known.

- Phil, Aylesbury, 9/3/2013 4:15

Click to rate Rating 2Report abuse

Looks like people are waking up, Its about time this got exposure, I do not consume anything that has this nasty product in it, been on about this for years its about time our food and drinks industry went under the microscope, what with fluoride in our water they have been poisoning us for years!!

- Ian Beds Uk, Bedfordshire, 9/3/2013 4:15

Click to rate Rating 9Report abuse

Metabolic disease, spontaneous abortion, premature birth... The list continues. Why can't aspartame and HFCS be banned? Those two

sweeteners are nothing but poison.

- Omnivorous Fitness Bombshell, United States, 9/3/2013 4:10

Click to rate Rating 10Report abuse

This stuff has been in our food and drink for 30 years and it's lethal
you have to ask yourself why????

- Bilbo Baggins, durham, United Kingdom, 9/3/2013 4:09

Click to rate Rating 4Report abuse

NOTHING we eat or drink is 100% harmless. Aspartame is around 200
times sweeter than sugar. There are around 40 grams of sugar in a can
of normal Coke. Forty grams of sugar or a fifth of a gram of aspartame
- which is more "harmful"?

- John S, Bromley, United Kingdom, 9/3/2013 4:01

Click to rate Rating 1Report abuse

I avoid aspartame if possible but most big names use this poison in
their drinks even in cordial!

- paul james, connahs quay, 9/3/2013 3:56

Click to rate Rating 2Report abuse

I used to suffer from dreadful migraines for many years, then I
researched aspartame and found that it had links to neurological
disorders and migraines. Once I stopped consuming the stuff the
migraines stopped! This stuff decomposes into amongst other things
ethanol and formaldehyde, does anyone fancy drink that?

- eddiecurrent2000, Cardiff, 9/3/2013 3:52

Click to rate Rating 5Report abuse

Any of these drinks is bad for you. Find me one good looking healthy
person who consumes it? - Oflife , Oxford, United
Kingdom-----funny, i've been
drinking stuff like this more as long as i can remember. i'm not far
short of 60, never had a serious illness in my life. in fact i've not
had even so much as a cold for over 3 years. i look a lot healthier
than most 10 yeas younger and haven't even so much as a bald patch on
my head

- HAL, Coventry, United Kingdom, 9/3/2013 3:51

Click to rate Rating 2Report abuse

Does this apply to all A-sweetners i.e Acesulfame Kthis
seems to be much more widely used than aspartame.

- DontBelieve, manchester, United Kingdom, 9/3/2013 3:51

Click to rate Rating 1Report abuse

I drank diet coke most days of my pregnancy and went 15 days over, my
baby was 8lb 14. Just another stupid study!

- aimielea, South Yorkshire, 9/3/2013 3:50

Click to rate Rating 6Report abuse

I have a condition called Phenylketonuria (PKU). To me and anyone else
with PKU, aspartame is pure poison. I have been reading up about the
negative effects of aspartame for years and I won't let anyone in my
family touch the stuff. I live in hope that one day it will get banned
but the power food companies hold over the government/s is absolutely
ridiculous. That's all part of the reason that I prefer to follow as
much of a whole foods diet I can manage while keeping in line with the
low protein diet that is used to treat PKU.

- Kate Buckland, Andover, United Kingdom, 9/3/2013 3:47

Click to rate Rating 7Report abuse

What did these studies say about the quantities of aspartam one has to consume for them to effect a person. These studies usually feed this stuff to animals in a few months, quantities that would take 2 lifetimes to consume. After all even too much water is bad for you, as you could drown

- jonnyboy, scouseland, United Kingdom, 9/3/2013 3:41

Click to rate Rating 1Report abuse

The sweetener is banned in the USA which says it all but my daughter can not have anything that has it in as it causes her to go wild n brings on her fits, should be banned over here too

- bex, Berkshire, 9/3/2013 3:38

Click to rate Rating 4Report abuse

Aspartame is in so many products these days, not just fizzy drinks, that its quite hard to avoid. No-added-sugar squash for kids for instance, nearly every yoghurt, chewing gum.. Read the label - you may surprised.

- Cara, Bristol, United Kingdom, 9/3/2013 3:35

Click to rate Rating 4Report abuse

These people making comments about drinking diet drinks during their pregnancies amaze me, they probably eat junk food and takeaways too and then they give it to their children and so the cycle continues...

Don't they realise it is poison!!!!

- Anyone, Anywhere, United Kingdom, 9/3/2013 3:34

Click to rate Rating 2Report abuse

Diet drinks have always been a sham making people believe a chemical sugar is better than natural sugar. I'll take natural everytime instead of some concoction put together in some chemists laboratory.

- Halo, longview, United States, 9/3/2013 3:32

Click to rate Rating 1Report abuse

About time, how long before the industry, buries this one, "We told you sugar, was good for you" !

- gblood, Sheffield, United Kingdom, 9/3/2013 3:32

Click to rate Rating (0)Report abuse

Aspartame has long been known to have side effects. All the government has to do is banish it in any drinks sold in the UK. Trouble is the government has no guts.

- Peter, London, 9/3/2013 3:29

Click to rate Rating 1Report abuse

Weird, where's the independent clinical study if this has been known for over 15 years that it's linked to cancer... makes you think.

- John Locke, Worthing, 9/3/2013 3:26

Click to rate Rating 5Report abuse

It's all poison, they are full of rubbish especially the diet varieties which do not work, why do you see all the fatter families waddling up the fizzy drink aisle in the supermarkets?

- Mias grandma, Grandmaland, United Kingdom, 9/3/2013 3:20

Click to rate Rating 2Report abuse

Well when I was pregnant my only craving was diet coke I could drink bottles and bottles and I had my son exactly on time! With no issues!

:-)

- FLBrown, Berkshire, 9/3/2013 3:20

Click to rate Rating 1Report abuse

Fizzy drinks not as good for you as water. Shock horror!

- speamead, Leicester, United Kingdom, 9/3/2013 3:06

Click to rate Rating 1Report abuse

usa has approved it to be safe. Check Wikipedia. but do i trust a nation which has a corrupt government like the USA - nope. These big organisations are all somewhat have the government backing hence allowing to cover up data and information.

- Kans, Huddersfield, 9/3/2013 3:03

Click to rate Rating 3Report abuse

Google, pilots and aspartame.

- Primaverawax, Bath, United Kingdom, 9/3/2013 3:01

Click to rate Rating 1Report abuse

It's getting increasingly hard to find soft drinks WITHOUT aspartame in them ... even chewing gum has it. Lidl does an orange high juice, and Tesco's own brand high juice (also orange). From what I can gather, aspartame is made from a by product of the chemical industry. What type of by product? ... the faeces of bacteria!! There's a whole list over a page long of things caused by aspartame - symptoms and diseases. It's especially bad for kids. Check out a video online called "Sweet Misery" - it's all about aspartame and it's ugly effects on humans. I sent the above mentioned video to a hospital doctor friend of mine, who in turn sent it on to other colleagues... noticeable now, in the hospital shop are rows and rows of unsold diet fizzy drinks (all containing aspartame), but the sugared variety sells well. But - most likely better NOT to drink any!!

- Deanna, London, United Kingdom, 9/3/2013 3:01

Click to rate Rating 4Report abuse

Medical friends of mine will not have this stuff in their kitchens, it is lethal. Coke is a totally dreadful drink, rots the teeth, the brain and the body.

- Barbara77, Northumberland, United Kingdom, 9/3/2013 2:59

Click to rate Rating (0)Report abuse

its been known about aspartame for YEARS in America.if you check every label on your next visit to the supermarket not only will it add 2hrs to your shop but your basket will be half empty.a few shops are labeling some goods aspartame free but not enough it amazes me that there was such a hue and cry about horses meat on sale yet nothing said about this killer aspartame

- ghyc60, newport, 9/3/2013 2:58

Click to rate Rating 2Report abuse

surprise....surprise! My 22-year old university class mate is heavily pregnant and always see her drinking diet coke and the like. She told me she doesn't like water (!). I'd love to say something, but know that if I do, she'll send me to hell....

- ixiruxa, North Dakota, United States, 9/3/2013 2:57

Click to rate Rating (0)Report abuse

Rash all over body for years. Stopped having sweetner in my coffees, vanishes! Stay away from any of these artificial sweetners.

- Jo123, Manchester, United Kingdom, 9/3/2013 2:57

Click to rate Rating 1Report abuse

The European Food Safety Authority has been passing off horsemeat as beef. Who the heck is going to trust them if they say something is

safe. Sorry but I will believe the 20 studies against someone who is possibly getting a kickback for saying fake chemical sugar is safe.

- mt_jackson, Southern Cross, Australia, 9/3/2013 2:57

Click to rate Rating 1Report abuse

After drinking R whites lemonade for decades they changed to aspartame a few years back I rang them to tell them I would not be drinking it any more. aspartame is also the cause of hypo-activity in children should be banned in everything!

- soapface, york, 9/3/2013 2:54

Click to rate Rating 1Report abuse

And today's food scare is....? Why do you DM, have to publish all scientific stories in the most lurid, tabloid, dumbed down manner? The worry you inflict probably causes more health damage than anyone.

- gael, London, United Kingdom, 9/3/2013 2:50

Click to rate Rating 1Report abuse

I avoid it now as I worked out it was the aspartame that was causing my frequent bouts of cystitis

- Minnie2802, Birmingham, 9/3/2013 2:49

Click to rate Rating 3Report abuse

About time, this stuff is a ticking time bomb, withdraw it now....

- Terry, Horley, 9/3/2013 2:45

Click to rate Rating (0)Report abuse

Leave me alone, I don't drink, smoke or take drugs, I'm not overweight, I eat healthily, I pay taxes and I have never broken the law but I LOVE diet coke, it's my only pleasure so LEAVE off!!!!

- me, here, 9/3/2013 2:44

Click to rate Rating 3Report abuse

Absolute rubbish, I'm a 20 year old Male, who often drinks 2 litre bottles of Pepsi Max (which has phosphoric acid, and preservatives) and I'm absolutely fine. Less scaremongering, sugar is much more harmful.

- bennythemanc, Manchester, United Kingdom, 9/3/2013 2:40

Click to rate Rating 4Report abuse

It gave me high blood pressure, the moment I stopped drinking it my pressure was normal.

- Jackie, London, United Kingdom, 9/3/2013 2:40

Click to rate Rating 2Report abuse

Biggest load of rubbish i've ever heard!

- Laura, Middlesbrough, 9/3/2013 2:40

Click to rate Rating 6Report abuse

If you want diet drinks that don't contain aspartame - Sainsburys own brand drinks DO NOT contain it. They make a point of saying so on the labels of all 'sugar-free' drinks.

- Vic, Kenilworth, 9/3/2013 2:33

Click to rate Rating (0)Report abuse

I have no idea why people drink this junk. If you want a Coke then just have one. The funny thing is that it is almost always overweight people who drink diet drinks and have low fat food. Someone should tell them that it is the amount of food they consume that matters and drinking diet drinks will make no difference.

- sophie, belfast, 9/3/2013 2:33

Click to rate Rating 1Report abuse

They would not lie to us and sell us poison just for profit ,would they ?

- Luca, Wales, 9/3/2013 2:32

Click to rate Rating 2Report abuse

I stopped drinking fizzy drinks because they give me a massive case of hiccups that lasted for hours, I always bought diet, btw. I don't miss my Cola at all and aspartame has been scaring me for years. Why can't they use something safer and natural like Stevia?

- Lillith, The Underworld., 9/3/2013 2:31

Click to rate Rating 1Report abuse

More money changing hands in the EU, no doubt!

- English Pensioner, London, 9/3/2013 2:22

Click to rate Rating 1Report abuse

Is there anything we can drink or eat without sending us a early grave

- rob7776, The North, 9/3/2013 2:15

Click to rate Rating (0)Report abuse

People like David Icke have been saying this for years and everybody else labelling it as a crazy conspiracy theory

- The Queen of Sheba, Liverpool, United Kingdom, 9/3/2013 2:14

Click to rate Rating 3Report abuse

They actually had this stuff in kids' fruit shoots, amazing....

- sumaira, Basildon, UK, 9/3/2013 2:08

Click to rate Rating (0)Report abuse

In order for aspartame to become a problem, you'd have to regularly exceed the Recommended Daily Allowance of about 14 cans of sugar free drink A DAY, in which case it's obviously a moderation problem. All the evidence of people affected suggests they failed to practice moderation and the symptoms they experienced sound a lot like those of dehydration. (Headaches, Muscle cramps etc etc) But rather than accept responsibility themselves, they blame the companies and the inanimate products. Now red arrows are available, but if you do as I did and google it: it's quite a well documented e-hoax/conspiracy.

- Riff, Chichester, 9/3/2013 2:07

Click to rate Rating (0)Report abuse

also beware some orange and black current diluted drinks have thus chemical in them so check before buying

- Kans, Huddersfield, 9/3/2013 2:07

Click to rate Rating 1Report abuse

The amount of aspartame and caffeine fed to children in these fizzy drinks is an abomination perpetrated by the biggest companies in the world. Hopefully one day - when common sense takes over - they will be sued out of business. Read - The Truth About Food - on Kindle for the true extent of this disgrace -

- Sidney Harris, Brighton, United Kingdom, 9/3/2013 2:07

Click to rate Rating 1Report abuse

Page 2 of 3

I try to stay away from this substance. These big manufacturers are the devil in disguise and don't care about the health of the people and only care about the money.

- Kans, Huddersfield, 9/3/2013 2:07

Click to rate Rating 1Report abuse

i thought this was proved wrong on 'snopes' ??? no i'm confused!

- inkyskin, Newport, 9/3/2013 2:04

Click to rate Rating (0)Report abuse

I did my own epidemiological study. I looked out of my window at 8:30 on a midweek morning and found that 40% of the population were children, 50% were adult women and 10% adult men. However, I repeated my study at 11:30 one Friday night and found that the population was 100% adults, 80% of which were men and 60% of all appeared drunk. I repeated it again on a Sunday morning and found that 20% of the population were Jehovah Witnesses!

- John S, Bromley, United Kingdom, 9/3/2013 2:04

Click to rate Rating (0)Report abuse

Just thinking, wouldn't it be nice if we didn't have to panic every time the EU broke wind..... vote UKIP

- Tesa, Dorchester, United Kingdom, 9/3/2013 2:03

Click to rate Rating 2Report abuse

Even some orange squash drinks contain it. - Bugsy, Malaga, United Kingdom, 09/03/2013 07:11. - LisaB , Brantham, 09/3/2013 09:29

----- I found this insidious sweetener on the ingredients list of a tub of coleslaw! It seems to be in a lot of squashes. If you don't want your children to ingest it, buy fruit juice (own brand is cheap - Morrison's is around 65p a litre) and dilute it with water, or carbonated water if they like fizzy drinks.

- The Futurist, Chelmsford, 9/3/2013 2:03

Click to rate Rating 3Report abuse

As a young mum in 1966, I can remember reading about the dangers of aspartame and how mice given it, all developed cancer. It has stuck with me ever since and I look at all labels. Over the years it has become nigh impossible to buy any drink that doesn't have it in. I took to giving my family only pure fruit juice and if they wanted fizzy then we had a soda stream. It is dangerous and especially where children are concerned because their body weight is so much lighter than adults.

- girl in the country, Yeovil, United Kingdom, 9/3/2013 2:02

Click to rate Rating (0)Report abuse

finally the truth we all known for the last 10 years!!!!

- jimbeam69, cambridge, United Kingdom, 9/3/2013 2:01

Click to rate Rating (0)Report abuse

Aspartame is safe? next they will claim that our water is flouridated to keep our teeth healthy. Ignore everything these terrorists in suits tell you.

- UKIP for UK, Southampton, United Kingdom, 9/3/2013 1:59

Click to rate Rating (0)Report abuse

Some very powerful people must have been sed to push this poison through.... Eh', whats that, Donald Rumsfeld you say???

- OricAL, Awake n fresh out of Bubblegum, United Kingdom, 9/3/2013 1:59

Click to rate Rating 3Report abuse

We knew about this 10 or 15 years ago, anyone who drinks anything with Aspartame in it is asking for more health problems than drinking the non diet stuff in moderation.

- chrisadams, solihull, 9/3/2013 1:58

Click to rate Rating 1Report abuse

At long last! if you have to have sweetners the safest one is the natural herb stevia, but sugar has been taken safely for rather a long time!

- kathryn, Aberystwyth, 9/3/2013 1:56

Click to rate Rating (0)Report abuse

The body breaks aspartame down into Formaldehyde, the chemical used to preserve dead bodies! I NEVER consume anything with it in now!

- Tammy Meijer, snoozville, United Kingdom, 9/3/2013 1:56

Click to rate Rating 1Report abuse

I knew that already! Anything diet isn't good for you anyway as it has other stuff in it! Just eat normally and not too much and healthy food then you will have a great health and look! That's all

- cheshmak, uk, 9/3/2013 1:54

Click to rate Rating (0)Report abuse

About time DM, the conspiracy "nuts" have been screaming about this for years. I stopped diet drinks 12 years ago and felt healthier almost immediately. But it's quite disconcerting though, to find aspartame in more and more products these days. When your drink has a healthy looking "sugar free" sign on it, it's probably been replaced with the aspartame. Sugar's bad, sweeteners are worse. Get your kids drinking water if you can.

- shazz, northshire, 9/3/2013 1:53

Click to rate Rating 2Report abuse

It's also in the CALCI-CHEW that is prescribed to many old people with bone problems. WHY is this poison being put into medicines?

- Squirrel, South West UK, 9/3/2013 1:50

Click to rate Rating (0)Report abuse

the way things are going - nothing will be safe soon. Governments advise that too much sugar is bad for causing diabetes, obesity and some heart issues. Aspartame is a main substitute and they've now found issues with that. if Stevia then became the recommended substitute, I assume within a few years there will be studies about what illnesses that can cause. if you really research every food, every raw material on the ingredients, they all have pros and cons. similarly to wine, chocolate, salt.. it all depends on the level of exposure that you have with the ingredient. and even then, it's the luck of the draw.

- jesskar1401, Swindon, Uk, 9/3/2013 1:49

Click to rate Rating 1Report abuse

Old news.....

- wiltsx, Wiltshire, United Kingdom, 9/3/2013 1:47

Click to rate Rating 1Report abuse

The NATURAL alternative to aspartame is much healthier. It's called SUGAR!

- John S, Bromley, United Kingdom, 9/3/2013 1:47

Click to rate Rating 2Report abuse

Manufacturers stand to lose too much money if aspartame isn't around.

I stopped drinking it and giving my children drinks in it when I looked closely at the ingredients of squash drinks. The drinks were only 10% fruit juice and 90% goodness knows what else, I didn't recognise the other ingredients listed. Life is a lot more simple when you eat food and consume drinks that are more natural. But the manufacturers and big supermarkets don't want us to.

- Sarah, London, 9/3/2013 1:47

Click to rate Rating (0)Report abuse

Who would drink that rubbish whilst pregnant ?

- Violet B., Birmingham, U.K., 9/3/2013 1:44

Click to rate Rating 3Report abuse

I read a report on the effects of aspartame at least 15 years ago !

It's evil stuff - haven't touched anything with it in since. If you stick to eating and drinking things closest to their natural state (in moderation if need be) you won't go far wrong.

- Johanne, Chester, 9/3/2013 1:42

Click to rate Rating 2Report abuse

Yeah and alcohol???? much worse but of course makes too much money and makes lives a misery.

- mystic, aberdeen, 9/3/2013 1:41

Click to rate Rating 1Report abuse

I regularly consumed aspartame while pregnant with my son as my midwife told me it was fine and he was 15 days late and perfectly healthy so unless I see specific proof then I don't believe it. -

whoami , uk, 09/3/2013 06:18----- is that you Donald Rumsfeld.

- hamhead, tehran, Iran, 9/3/2013 1:40

Click to rate Rating 5Report abuse

If as many studies were performed on water, there would be the occasional one or two which would "suggest" that water caused all types of medical conditions! Epidemiology is a far from an accurate, precise or reliable "science".

- John S, Bromley, United Kingdom, 9/3/2013 1:37

Click to rate Rating 1Report abuse

This has been known for years! There is a risk but you'll have to consume a lot for it to have any ill effects. Also, it will come down to choice whether someone wants to consume it, certain people also choose to smoke and that causes cancer....

- Simon_UK83, London, United Kingdom, 9/3/2013 1:37

Click to rate Rating 3Report abuse

80% of compalints to the US FDA are about aspartame. - And it's also in nearly all big name non diet fizzies as well. Coke, Pepsi, R Whites. - And due to recent recipe changes it is now impossible to buy a fizzie drink in Tesco that doesn't have aspartame. (Yes, their own brand which used to be aspartame free now isn't). When I asked them why I got the answer that the FSA sadi it was acceptably dangerous. - The same FSA that has banned the all natural stevia, with thousands of years usage in South America, because there weren't enough EU studies proving it was safe. Bascially the EU outfit is even more currput thahn the US one. Aspartame is particularly bad for diabetics (worse than sugar)

- ClothKap, England, United Kingdom, 9/3/2013 1:37

Click to rate Rating 7Report abuse

Some people (like me, diabetic type 1) cannot drink full sugar drinks!!

- spidercat, Cheshire, 9/3/2013 1:36

Click to rate Rating 2Report abuse

Smoking, alcohol, fast food and fizzy drinks will never be restricted if band in uk, just to much money from them.

- itsmeitsmeitsDDP, lowestoft, 9/3/2013 1:35

Click to rate Rating 4Report abuse

I knew someone who suffered from migraines. The doctor told my friend not to eat or drink anything that contained Aspartame. Since then they have not occurred. Even some orange squash drinks contain it. - Buggy, Malaga, United Kingdom, 09/03/2013 07:11. That's interesting cos I have often found a can of diet coke helps my migraines?

- LisaB, Brantham, 9/3/2013 1:29

Click to rate Rating 202Report abuse

Aspartame, is VERY nasty stuff and there are far safer artificial sweeteners out there (sucrolose, stevia). Look for the articles in the BMJ (British journal of medicine) - you would never see a neurologist drinking it (diet coke et al). Finally, why hasn;t it been banned? - er - well if you examined the power food companies (esp in the US) have over the Goverment, you'd know!

- mrs mogg, lichfield, 9/3/2013 1:28

Click to rate Rating 590Report abuse

I looked up 'the truth about aspartame' years ago and immediately banned it from my family's diet. I'm sure it's a major factor in the made-up syndromes that so many young people are diagnosed with these days.

- BringBackHanging, Midlands, United Kingdom, 9/3/2013 1:26

Click to rate Rating 499Report abuse

Any of these drinks is bad for you. Find me one good looking healthy person who consumes it? Go visit any supermarket and compare what good looking healthy people and the opposite consume, and with the exception of those who are only buying junk food/drink for a one off event (party etc), you'll soon see enough evidence that "You are what you eat" (and drink.) Want a sweet drink that will prolong your life? Try Waitrose Merlot grape juice. Prevents bladder infection amongst other things. I drink it every single day.

- Ofllife, Oxford, United Kingdom, 9/3/2013 1:24

Click to rate Rating 140Report abuse

I've said for years diet one is worse for you than fatty coke due to the aspartame. All those naive people thinking by choosing diet they're making a better health choice, aren't.

- Kezza85, Uk, United Kingdom, 9/3/2013 1:22

Click to rate Rating 355Report abuse

There is too much money involved for it to be illegal. It was Donald Rumsfeld who made it legal in America, that says all you should need to know.

- Average Guy, UK, 9/3/2013 1:21

Click to rate Rating 5Report abuse

The kind of morons who read the mail will lap this stuff up. they are all terrified, anti-vaccination religious types. The massive amount of scientific evidence that this stuff is safe means nothing at all to them -so watch as they down vote the women who actually drank coke and had no side effects and up vote the hysterical.

- teach, Leicester, 9/3/2013 1:21

Click to rate Rating 3Report abuse

monsanto again!

- Gaz, Deeside, 9/3/2013 1:20

Click to rate Rating 5Report abuse

Amazing on how all these chemicals, 100% tested by manufacturers and annouced completely safe, all of a sudden are now a risk. So not tested enough, but nothing will change, governments will mouth off and do nothing, manufacturers will put out a warining label and the £££ keep rolling in. Money is king, governments bow to big corporations and we suffer !

- UK Out Of The EU, Newcastle, United Kingdom, 9/3/2013 1:17

Click to rate Rating 1Report abuse

Two issues, is aspartame safe? And is the EFSA unbiased or corrupt? Once you allow interest groups to infiltrate regulators the outcome is pre-determined by human nature. When will we ever learn? Sadly, not any time soon

- SimonS, London, United Kingdom, 9/3/2013 1:17

Click to rate Rating 1Report abuse

You only have to drink diet coke to realise how disgusting it is compared to proper coke. It does not take a genius to work out why. If something makes a food or drink taste that bad it can't be good for you!

- TLM, London, 9/3/2013 1:16

Click to rate Rating 1Report abuse

not much choice for diabetics like myself.

- ramJET, Guildford, United Kingdom, 9/3/2013 1:15

Click to rate Rating (0)Report abuse

I think new unbiased research would be great whatever the findings . Lets find out the truth about aspartame considering it is in things like berocca and not even listed on the ingredients.

- eva, Tauranga, New Zealand, 9/3/2013 1:15

Click to rate Rating (0)Report abuse

And yet it is legal, like cigarettes and alcohol. The government doesn't really give a hoot.

- Demi, London, United Kingdom, 9/3/2013 1:14

Click to rate Rating (0)Report abuse

My grandad is 81 and in great health. He's been putting aspartame sweeteners in his drinks ever since I can remember.

- Layla, Manchester, United Kingdom, 9/3/2013 1:14

Click to rate Rating (0)Report abuse

Drank diet coke EVERY day during one of my pregnancies. Went 4 days over my due date, had a healthy 8lb baby and I am still as fit as a fiddle 22 years later.

- Wan, Truro, 9/3/2013 1:13

Click to rate Rating 199Report abuse

This is not new, I read this years ago!

- Deb H, Merseyside, 9/3/2013 1:12

Click to rate Rating 186Report abuse

This stuff has been banned in 10 American states for many years. Tastes horrible as well. Spoils a drink for me and I avoid it.

- Werneth, Manchester, The Democratic Republic Of Congo, 9/3/2013 1:12

Click to rate Rating 322Report abuse

Aspartame just like HFCS (High Fructose Corn Syrup) found all cokes, sprites fizzy drinks and many foods. Is proved beyond doubt that it destroys your liver and makes you obese but so many have their stupid head in the sand as to not care!! What is even more horrific, is that

parents are not stopping their kids consume this poison for that is what it is!!

- cmas1998, Bristol, 9/3/2013 1:10

Click to rate Rating 241Report abuse

I have always avoided aspartame! I knew it wasn't good and heard it could cause brain tumours. Better safe than sorry!

- Anthony, Motherwell, Scotland, 9/3/2013 1:07

Click to rate Rating 290Report abuse

HEY THIS ISNT ONLY IN DIET DRINKS - NO NO NO - CHECK THE LABELS , ITS USED BECAUSE ITS CHEAPER THAN SUGAR - YESTERDAY I FOUND IT ON THE LABEL OF A HIGH STRENGTH VITAMIN C EFFERVESCENT PRODUCT -ITS A LONG TERM SILENT KILLER - CHECK THE LABELS AND AVOID AVOID AVOID

- tigerboy, east yorkshire, Algeria, 9/3/2013 1:06

Click to rate Rating 74Report abuse

knew it all along.... i avoid it.

- meh, somewhere, 9/3/2013 1:04

Click to rate Rating 37Report abuse

Well ... what else can we do apart from grow our own veg, fruit and livestock, and make our drinks from boiled rainwater that has not been treated? Seriously, I believe in being careful but we can't obsess about everything we eat and drink or the stress will kill us.

- Surrey and Proud, UK, United Kingdom, 9/3/2013 1:03

Click to rate Rating 21Report abuse

Yawn!!

- samtulloch, northants, 9/3/2013 1:02

Click to rate Rating (0)Report abuse

Aspartame or Nutrasweet is poison. It derives from Agent Orange used in the vietnam war. I would never touch any product containing this garbage and unfortunately many many products advertised as sugar free or as diet products contain aspartame instead of sugar. Quite perverse but another symptom of the power of lobbying. And who owns the patent, who is making the money here? Monsanto, the company seeking to force everyone to consume umlabelled GM foods against their will and who are using massive lobbying and other gaming of the system to achieve their purely profit driven aims.

- Paolo, london, 9/3/2013 1:00

Click to rate Rating 3Report abuse

I cannot understand that this is only being banned here now. It was diagnosed in Canada twenty something years ago as being harmful to health.....why has it taken so long to realise this.....amazing

- anniebananie, bournemouth, United Kingdom, 9/3/2013 0:58

Click to rate Rating 1Report abuse

This sweetener is in everything now. Soft dilute drinks and drinks just read the labels. Even soft drinks that are not sugar free has it. I have noticed more and more products with this poison in I stick to bottled water and do not stock any juice in my house. My grandchildren have to drink water as even lemonade has it in.

- angel ofJah, London, 9/3/2013 0:58

Click to rate Rating 2Report abuse

The world is made up of two groups. Those of us who know aspartame is dangerous, and those who drink diet coke. Still, we can look on the

bright side, at least the trusting souls who believe the lies of big business and big government will die thin.

- john, scunthorpe, 9/3/2013 0:57

Click to rate Rating 1Report abuse

Oh here we go again.... look, we all know its horrible stuff and will end up killing some of us like another thousand products on the shop shelves but nothing ever gets gone to stop it and never will, its all about balancing the scales.... Money money money, political gain and corruption to name a few reason why we see these poisons on the shelves.

- skinpeople, london, United Kingdom, 9/3/2013 0:56

Click to rate Rating (0)Report abuse

Wouldn't touch the stuff. Aspartame was created from the same chemical company that brought us agent orange and ddt's. They were both considered safe too. Hmmm yummy

- Prisyone, Billericay, United Kingdom, 9/3/2013 0:55

Click to rate Rating 1Report abuse

Given the constant scaremongering that goes on over various ingested products causing numerous painful and slow deaths, wouldn't it be easier to say what we CAN eat and drink? By the way, if you drive a car, you MIGHT have a crash and die.

- UpTheMightyPool, barmouth, United Kingdom, 9/3/2013 0:55

Click to rate Rating 1Report abuse

There is absolutely NO evidence that sweeteners cause cancer.

- bar, notts, 9/3/2013 0:51

Click to rate Rating 103Report abuse

Dm, i'm all for recycling but come on.. You have printed a similar (if not the same) article before. Tut tut

- hannah_chub, herts, 9/3/2013 0:51

Click to rate Rating 4Report abuse

We all know these! Same as smoking & alcohol kills and drugs make u friendless. But the gov Make a shed load of money From there tax!

#know ones listening!!

- little me, the place where the dragons roar, 9/3/2013 0:50

Click to rate Rating 19Report abuse

Aspartame has long been linked to cancer in lab rats, this isn't new. And to those who drank coke during pregnancy and were just fine, I'm sure that's true. The point is, there is a risk. Some may emerge unharmed, some may not. It all remains to be seen.

- SuzyQ, Staines, United Kingdom, 9/3/2013 0:47

Click to rate Rating 44Report abuse

Every day on here it's something new (and often lovely) that'll kill me. This week alone you've made me paranoid about eating bacon and drinking diet coke (two things I really love but know I shouldn't!)

And my biggest secret, which even my other half doesn't even know - every now and again.... I.... Go for a... Sunbed. I'd probably be safer getting my kicks from class A drugs. I'm doomed.

- kay90, Liverpool, 9/3/2013 0:47

Click to rate Rating 10Report abuse

" Sweet Misery " , the film of the genetically-engineered neurological poison, aspartame, is on the Web .

- Pat Rattigan, Chesterfield, 9/3/2013 0:47

Click to rate Rating 44Report abuse

I only started drinking diet drinks around 2005 when I was trying to lose weight. I came out in the most dreadful rash all over my torso. Doctor couldn't find a reason for it. I do have allergic reactions to things and through process of elimination we came to the conclusion it was the sweeteners. When I stopped drinking diet drinks the rash went. It returns on my back as soon as I have the smallest quantity in anything and it is torture, so itchy. I personally find this stuff toxic!

- Molly, Dorking, 9/3/2013 0:45

Click to rate Rating 42Report abuse

And NCT insists on breastfeeding only. Go on, consume it and pass it on.

- They deserve better., London, United Kingdom, 9/3/2013 0:45

Click to rate Rating 17Report abuse

Aspartame is broken down into methyl alcohol and formaldehyde in the body - both of them highly toxic. it should never have been released for human consumption, nor would it have been but for the corruption which is endemic in the USA's FDA. They are in cahoots with the multinationals who in effect run it.

- Pickwick, Redhill, 9/3/2013 0:43

Click to rate Rating 83Report abuse

My uncle is a very well respected Oncologist Doctor in Brazil, and no way he lets anyone from the family get any close to a drink with aspartame. He has been saying that for the last 20 years or more!

- thevoiceofbrazil, London, 9/3/2013 0:41

Click to rate Rating 71Report abuse

Well done DM for printing the truth, maybe you could do a piece on floride see what the experts come up with?

- sneezy, surrey, 9/3/2013 0:40

Click to rate Rating 2Report abuse

The is nothing about Coca-Cola that is healthy but it is institution that provides employment for nearly 150,000 people worldwide. In other words, like the tobacco industry, the health risks are subordinate to the economic benefits of employment and tax revenues.

- Spantrekker, Mazarron Spain, Spain, 9/3/2013 0:39

Click to rate Rating 2Report abuse

Be carefull Prof Millstone,you could end up like the Prof that studied the harm of smoking canabis,that found after 30 years of study,came forward with his findings. and was promptly dismissed.

- lin, brighton, 9/3/2013 0:39

Click to rate Rating (0)Report abuse

Well about time this was put into mainstream media! i wont even touch regular fizzy drinks let alone diet. and by the way, its in most diet products not just drinks, yoghurt, cordials, chewing gum, lo cal sugars, sweets, i even found it in a 'regular' cordial just last week, i was horrified. why would anyone knowingly want to eat poison , pure ignorance if you cant be bothered to look into it for yourself.

- x2, yjhyt, 9/3/2013 0:37

Click to rate Rating 3Report abuse

Also being fat causes cancer, damned if you do and damned if you don't.

- df72, caerphilly, United Kingdom, 9/3/2013 0:37

Click to rate Rating (0)Report abuse

Quote Whoami UK "I regularly consumed aspartame while pregnant with my son as my midwife told me it was fine and he was 15 days late and perfectly healthy so unless I see specific proof then I don't believe it." You were still willing to take the risk though? You're probably one of those parents who drive around smoking in the car, feeding you child Fruit Shoots (says fruit on the label, it must be nutritious!) and taking it to McDonalds every Saturday.

- justmaybe, glasgow, United Kingdom, 9/3/2013 0:36

Click to rate Rating 1Report abuse

Will the NHS be suing?

- Lord Lucan, Surrey, United Kingdom, 9/3/2013 0:36

Click to rate Rating 3Report abuse

Stuff it, i'm going to start snorting petrol and eating raw sewage, my life, my health, too many poxy things to worry about

- UK_Tax_Payer, London, 9/3/2013 0:33

Click to rate Rating 1Report abuse

Surprise! Not. I cannot believe people have been happy to consume this muck in sweets, gum, crisps and almost anything diet. It angers me that it has been put in kids drinks. I have NEVER allowed my kids to consume it, instead preferring sugar. Monsanto have a lot of explaining to do.

- markish99, kent, 9/3/2013 0:32

Click to rate Rating 56Report abuse

For every reasonably new substance or technology, there are at least three professors worldwide who are convinced that we all will die from it. But that's not the problem. The problem is that these professors so readily can voice their alarmism in the media: "X is unsafe" is generally considered news; "X is safe" is generally not considered news.

- Jan, Sweden, 9/3/2013 0:28

Click to rate Rating 8Report abuse

rule of thumb. don't swallow chemicals.

- paper_reader, swansea, United Kingdom, 9/3/2013 0:28

Click to rate Rating 35Report abuse

This story is one man right a panel of experts wrong. Why believe him?

- Gothmog, Alberstoke, Hampshire, 9/3/2013 0:24

Click to rate Rating 45Report abuse

Aspartamine is banned in American soft drinks due to its carcinogenic effect in rats. It's in so much food here because profit comes above all else. The government doesn't care about your health or should I say life expectancy beyond your working life.

- lisa, Leeds, 9/3/2013 0:23

Click to rate Rating 46Report abuse

If this article is correct, and it seems reasonable that it is then the EU food watchdog should be investigated

- J D C, Nottingham, United Kingdom, 9/3/2013 0:22

Click to rate Rating 42Report abuse

there is lots of video about aspartame in youtube and it's not a new news but it's good news at last they believe aspartame is bad for health thanks...

- rai dai, Berkshire, 9/3/2013 0:20

Click to rate Rating 25Report abuse

My grandad drank between 15 and 20 cans of diet coke every day for 50 years and he's dead now.

- john, London, UK, 9/3/2013 0:20

Click to rate Rating 16Report abuse

Warning breathing causes cancer! Generally being alive causes cancer!

- avadinuf, grimsby uk, 9/3/2013 0:19

Click to rate Rating 1Report abuse

These diet drinks taste vile. How anyone can drink them is beyond me.

Slimline tonic tastes powdery and ruins the gin it's mixed with.

- stevefricker, Warsash, 9/3/2013 0:18

Click to rate Rating 25Report abuse

Wow...who would have thought..... Some of us have known this for years...I think they call us conspiracy theorists.....

- Conscioussness, Thailand, 9/3/2013 0:16

Click to rate Rating 33Report abuse

Don't eat this, don't drink that, don't do this but do that, don't need vitamins supplements.... do need vitamin supplements.Coffee's bad, tea's no better, don't eat bacon,burgers, processed meat etc ad nauseum, listen to me and do what I say..... NO you listen to me... why don't you leave me alone?!!

- mike25, WIMBORNE, United Kingdom, 9/3/2013 0:15

Click to rate Rating 2Report abuse

I went two weeks over in my pregnancy and diet coke was my craving, had a can a day! - kate, Surrey, 09/03/2013 03:49 I see you pushed the boat out then. Lol

- only me, only you, only us, England, Britain, UK., 9/3/2013 0:14

Click to rate Rating 11Report abuse

I found out I had skin cancer last year yet have never been a sun worshipper. I daily take sweetener on my cereal & in my coffee & I also drink diet drinks. I often wonder is there a link!!! I hope not, this is a frightening story. I would like more testing done on aspartame.

- Funky1211, The Pool, 9/3/2013 0:14

Click to rate Rating 22Report abuse

We've known this for years about aspartame etc haven't we?

- its just me, puddle town, 9/3/2013 0:12

Click to rate Rating 17Report abuse

Never heard of this before but always had my suspicions. Microwaves can't be good either they must kill thousands each year. The instruction on ready meals say let the food stand for 1 minute but how many people do that. We eat so much junk each year will serious illness and obesity rising

- Mark, Wigan, 9/3/2013 0:10

Click to rate Rating 3Report abuse

For quite a lot of people aspartame is revolting - it dominates any drink it is in and gives it a bitter, astringent taste. So this is just another reason to check the labelling. There should be a requirement to state clearly (in a legible font size) "contains aspartame", not just "artificial sweeteners".

- JS, Eastbourne, 9/3/2013 0:10

Click to rate Rating 17Report abuse

I won't even give my kids sugar free calpol. Aspartame is poison.

- SarahJessicaParker, Here&Now, 9/3/2013 0:10

Click to rate Rating 47Report abuse

I'm delighted DM have this to read. I also know this and have banned all artificial sweetener products. But still so many people don't know. More alerting people plz.

- TOP PA, debt dodge city, 9/3/2013 0:08

Click to rate Rating 24Report abuse

Google 'aspartame' and make your own mind up. Look on the labels and vote with consumer power.

- hazel, West Sussex, United Kingdom, 9/3/2013 0:05

Click to rate Rating 28Report abuse

Aspartame was/is banded in some countries already. I suffer from migraine but if i mistakenly drink this chemical I get the mother of all migraines. I think the statement in the story 'vested interest' says it all. Aspartame is cheap, sugar expensive. These drinks companies really don't give a dam what they peddle to the public provided they don't get prosecuted and they increase their profit. As in all things buy and consume natural food in moderation.

- chaz, nottingham, 9/3/2013 0:05

Click to rate Rating 23Report abuse

I regularly consumed aspartame while pregnant with my son as my midwife told me it was fine and he was 15 days late and perfectly healthy so unless I see specific proof then I don't believe it. - whoami, uk, 09/03/2013 06:18 I don't know why you've got so many red arrows, my situation is identical to yours even down to my son being 15 days late. I must admit all these rumours worry me but I don't drink tea or coffee and diet coke is my favourite cold drink.

- Bunbuns73, Wakefield, UK, 9/3/2013 0:04

Click to rate Rating 17Report abuse

Wasnt there a programme on the other day that said that there is no link what so ever between sweetener and cancer!! This article is a load of rubbish!

- bexgreen, southport,uk, 9/3/2013 0:03

Click to rate Rating 66

Report abuse

Page 3 of 3

Previous123

I was given a can of caffeine free diet Coke, packed with chemicals and artificial sweeteners by my MIDWIFE in one of those awful Bounty packs. It went straight down the sink. What right does the NHS have to promote these products on behalf of the highest bidder?

- me, here, 9/3/2013 0:03

Click to rate Rating 34Report abuse

So many bad chemicals in everyday life that could cause cancer all man made if we took all the chemicals away we would be left with all natural stuff factories would all shut no money would be made and no tax and vat so I'm guessing the government value money more than life look at smoking its proven that it causes cancer but the government haven't banned selling cigarettes

- me, England, 9/3/2013 0:03

Click to rate Rating 7Report abuse

Not much of a "leading British expert" if its took him until now to see what a lot of us have known for years. The scientific proof was already out there!

- No6, The Village, 9/3/2013 0:02

Click to rate Rating 2Report abuse

Why not a story about the death of Michael Jackson next? This is old news to anyone with half a brain. Also margarine is disgustingly bad for you, your better off with a small amount of butter.

- Easy T, Preston, 9/3/2013 0:01

Click to rate Rating 3Report abuse
old news

- Bonny, Argyll & Bute, 9/3/2013 0:01

Click to rate Rating 1Report abuse

Diet drinks are bad for you and actually encourage weight gain as they make you crave sweet things. People should know the truth about them and the sugar filled regular versions. The trith is kept down by powerful companies.

- Tigerbob, Glasgow, United Kingdom, 9/3/2013 0:01

Click to rate Rating 2Report abuse

I will be dead soon then! Been drinking about six cans a day since they started selling diet Coke! RIP Me!

- pedro, Brentwood, 9/3/2013 0:00

Click to rate Rating 9Report abuse

What a load of crap, my best friend drinks this all day every day and is fine, not only that but she recently had a kid that was late and also fine. Always attempting to scare consumers

- smudger, Kent, 9/3/2013 0:00

Click to rate Rating 59Report abuse

You may not drink Diet Coke so think you don't consume aspartame but it's hidden in so much stuff. Even 'sugar filled' squash has it in and other stuff which isn't diet food so we've all had it at some point I'm sure. I'm not sure why some people have been red-arrowed for saying their babies weren't premature. They are just stating a fact. Neither of my children were premature either but I have no doubt the big 'C' will get us at some point. There seems to be no stopping it.

- Mrs E, in the sticks, 8/3/2013 23:57

Click to rate Rating 2Report abuse

Oh well, I may as well lay down and stop breathing, for it must be too late for me. - RdS , California, 09/3/2013 03:32.... I know what you mean, but basically, when you research it, cancer is caused mostly by unnatural things entering the human body. The best thing is to just eat good old fashioned stuff, but not have too much like sugar. Just eat in moderation, then eat and excersise well. That's very simple.

- Dave James, London, United Kingdom, 8/3/2013 23:56

Click to rate Rating 1Report abuse

"He also suggested that the EFSA panel that carried out the assessment was dominated by experts linked to manufacturers or regulators that have previously supported aspartame" That says it all

- terrible tommy, Belfast, 8/3/2013 23:56

Click to rate Rating 20Report abuse

I regularly consumed aspartame while pregnant with my son as my

midwife told me it was fine and he was 15 days late and perfectly healthy so unless I see specific proof then I don't believe it. -

whoami , uk, 09/3/2013 06:18----- Yes, your midwife will certainly know more about diet coke than Professor Millstone. My mother's GP recommended Thalidomide for her morning sickness. My GP told me she smoked throughout her pregnancies in the 70s - however, it STILL wouldn't be recommended now would it? And has your son lived his 4 score years cancer-free?

- BETTY BOO, Disneyland, 8/3/2013 23:51

Click to rate Rating 3Report abuse

Why drink something that could be harmful when there are natural alternatives? Fresh fruit drinks and nature's own water is a far more healthy option. Natural sugar should always be used over aspartame and other sweeteners. They taste far too sweet anyway. I always read what the sugar content is and if it's a sweetener I don't buy it.

- wendy, alicante, 8/3/2013 23:50

Click to rate Rating 26Report abuse

I new this time ago and my mates never believed me. It can give you brain cancer too.

- wakeupNWO, Leeds, 8/3/2013 23:48

Click to rate Rating 19Report abuse

This stuff is in all our chewing gum also as well as many other sweets and drinks! It is banned in Denmark yet 'commercial paid studies' claim it is safe, a disgrace! One part of this stuff is toxic, it must be banned!

- Independent, UK, 8/3/2013 23:47

Click to rate Rating 22Report abuse

it is well known that aspartame has strong links with cancer

- Jules St John, swansea, United Kingdom, 8/3/2013 23:47

Click to rate Rating 21Report abuse

Vote if you avoid aspartame, i wont go near the stuff, its poison.

- Tyrel.nexus.0.1.beta, Staffordshire, United Kingdom, 8/3/2013 23:44

Click to rate Rating 26Report abuse

Look up Desert Storm and Aspartame to see possible side effects when its heated . Horrible stuff.

- nighthawk, stevenage, 8/3/2013 23:43

Click to rate Rating 13Report abuse

I gave up fizzy drinks a long time ago :)

- mypointis, Freedom City, 8/3/2013 23:42

Click to rate Rating 2Report abuse

Corporate money dictating government policy. Nothing changes.

- A s h t o n i a n, Burbank, United States, 8/3/2013 23:42

Click to rate Rating 15Report abuse

I once worked for a company that manufactured aspartame in the late 1980's. I've attended the board meetings and seen the lab reports.

I've made sure never to eat it or drink it in anything since. I'm amazed it has taken this long for the dangers of this substance to be made public.

- chartz, Manchester, 8/3/2013 23:42

Click to rate Rating 26Report abuse

this is just poison, end of story.

- Lespaulx, Reading, 8/3/2013 23:41

Click to rate Rating 17Report abuse

My obstetrician said he has no problem with me drinking diet coke and would prefer I drink that to normal coke which is full of sugar. He said 1 can per day is fine

- shahla_selena, Melbourne Australia, 8/3/2013 23:35

Click to rate Rating 20Report abuse

Eats away the stomach lining. As for red bull etc. why on earth are we selling that poison ??

- jaffacakefurl, London, 8/3/2013 23:33

Click to rate Rating 17Report abuse

What's new?

- redkesh, London uk, 8/3/2013 23:29

Click to rate Rating 3Report abuse

Why don't they use real sugar instead. Ok so it might be more calories, maybe that would make people think twice about drinking it, thus loosing profit for coca cola and less tax it pays the government. Just like smoking is bad, but the government do nothing. They can ban it if they wanted too.

- Tiddles, Earth, 8/3/2013 23:26

Click to rate Rating 7Report abuse

Well, EFSA members might not be concerned what poison enters their body, BUT I DO. The only people who say aspartame is not harmful are those with commercial interests. Thank you, Prof Millstone, for saying what millions of people KNOW about aspartame.

- kilkenny1, Maldon, 8/3/2013 23:23

Click to rate Rating 38Report abuse

Aspartame is a neuro toxin. This has been known for years! Lots of manufacturers have been changing to sucralose which has no proven adverse effects. I wonder why? This scandal has been waiting to blow up for a long time!

- ANON, Manchester, 8/3/2013 23:22

Click to rate Rating 25Report abuse

david icke been exposing this for years ..

- FREEDOM 2020, in the universe, 8/3/2013 23:22

Click to rate Rating 23Report abuse

This nugget of rubbish again, yes let's have an enquiry and stop this urban myth for good.

- Quintus, Bedford, 8/3/2013 23:20

Click to rate Rating 45Report abuse

I knew someone who suffered from migraines. The doctor told my friend not to eat or drink anything that contained Aspartame. Since then they have not occurred. Even some orange squash drinks contain it.

- Buggy, Malaga, United Kingdom, 8/3/2013 23:11

Click to rate Rating 17Report abuse

The EFSA is as impartial as the FDA in the US, both work hand in glove with the corporations and pharma companies to push their poisons. With so many lobbying firms surrounding Brussels what hope do we have. Take my advice and always do the opposite to whatever a government "expert" tells you to do!

- Shirley, Treorchy, 8/3/2013 23:05

Click to rate Rating 17Report abuse

There is something in aspartame.. I also found some fine white sugar

they have aspartame when I read it. may be time to go without sugar. Maybe should listed the products with aspartame/ sweeteners. some medication contain aspartame.. I am not surprise if some one suddenly collapsed and rush to hospital.

- Time2change, another alternative, United Kingdom, 8/3/2013 23:05

Click to rate Rating 12Report abuse

In matters of research, one should always follow the money, Who benefits

- Tania, Jerusalem, 8/3/2013 23:05

Click to rate Rating 13Report abuse

The USA were aware of the perils of Aspartame years ago - and after reading the internet reports published on it, I have told all my friends NOT to use anything containing Aspartame. So why are the EU Food Watchdogs insisting it is safe and why are they so far behind the USA on this?

- Clydesdale, Field by the River, United Kingdom, 8/3/2013 23:02

Click to rate Rating (0)Report abuse

A substance which needs proper investigation. The Italians have done some research and think it causes seizures and I strongly suspect it causes migraines.

- Rosie, Paris, France, 8/3/2013 22:59

Click to rate Rating 2Report abuse

Aspartame is more dangerous than porn. Ban it now! Oh wait... big companies won't like that... better keep selling it then or they might loose party donations.

- Karl, London, 8/3/2013 22:54

Click to rate Rating (0)Report abuse

It's been known for decades, aspartame is linked to brain cancer. Tha EU is owned by the lobbyist of big companies.

- Caz, Oxon, 8/3/2013 22:51

Click to rate Rating 3Report abuse

As do thousands of carcinogens throughout our environment.

- JP, Tunbridge Wells, 8/3/2013 22:50

Click to rate Rating 2Report abuse

The EFSA are content on poisoning us it seems.

- Thundalust, Bournemouth, United Kingdom, 8/3/2013 22:50

Click to rate Rating (0)Report abuse

This is ancient history so WHY has nothing been done before?

- Chris, Gillingham, 8/3/2013 22:47

Click to rate Rating 638Report abuse

Aspartame also coats the filia in your intestines preventing absorption of nutrients. it was originally discovered by G.D. Searle and then Mosanto our favorite company who sell dangerous crops and so forth bought them out....Mosanto trying to get into sainsburys and tescos with there nasty products.

- FreeFromEuUKIP, Liverpool, United Kingdom, 8/3/2013 22:46

Click to rate Rating 3Report abuse

If the EU says its safe then you'd better avoid it !

- tp, expat, 8/3/2013 22:45

Click to rate Rating 17Report abuse

The cancer risk has been known for many years.

- dontlikeit, south east, United Kingdom, 8/3/2013 22:42

Click to rate Rating 14Report abuse

Always thought it was something they were putting in our foods that contributed to the high cancer stats!

- golfluver, Notts, 8/3/2013 22:39

Click to rate Rating 35Report abuse

Nothing new here

- paul, welwyn garden city, 8/3/2013 22:39

Click to rate Rating 387Report abuse

All these products should contain a health warning.

- JP, Hants, 8/3/2013 22:36

Click to rate Rating 18Report abuse

A 'professor of food policy' is probably not a biochemist, physiologist or qualified nutritionist. Read the excellent Wiki article on aspartame for a well-informed analysis of the current state of research. Wild claims on the internet about the 'dangers' of sweeteners rarely stand up to analysis. Speaking of 'commercial funding', those interested should look at where money from the mighty sugar industry is going.

- Peter, beverley, United Kingdom, 8/3/2013 22:27

Click to rate Rating 2Report abuse

I regularly consumed aspartame while pregnant with my son as my midwife told me it was fine and he was 15 days late and perfectly healthy so unless I see specific proof then I don't believe it.

- whoami, uk, 8/3/2013 22:18

Click to rate Rating 355Report abuse

What about MS? There is a proven link. The link also suggests a possible cure: antibiotic minocycline

- U. K. Column, Cambridge, 8/3/2013 22:11

Click to rate Rating 17Report abuse

Our German osteopath warned us never to buy anything with aspartame in it 15 years ago when our children were little and I have always avoided it but it is a struggle to find squash without it in, nearly ALL bottles of squash say NO ADDED SUGAR and contain this poison, I did and still do have to hunt for bottles that don't say this, Ribena original is one that doesn't say it. How bad is this. Once again trying to force the consumer into buying what they want us to buy, not really giving us an informed choice..

- susan smith, bristol, 8/3/2013 22:10

Click to rate Rating 2Report abuse

Google Aspartame...hideous reading, it rots your brain apparently. Oh and its banned in the US..why not here?

- Queen Bee, Hampshire, 8/3/2013 22:08

Click to rate Rating 32Report abuse

Its a dangerous chemical & banned in most countries yet we still allow it to be sold in our food/drink products.

- Bob Mugabe, This doomed country, United Kingdom, 8/3/2013 21:42

Click to rate Rating 22Report abuse

Check out Dr Mercola. Aspartame is, by Far, the Most Dangerous Substance on the Market that is Added To Foods I rate Dr Mercola way above the FDA and equivalent bodies in Europe

- MM, HK, 8/3/2013 21:33

Click to rate Rating 20Report abuse

BIG WODS of CASH going into deep pockets in The European Food Safety

Authority then? "In a state where corruption abounds, laws must be very numerous" Tacitus (56 AD – 120 AD)

- Andy, Accrington, United Kingdom, 8/3/2013 21:28

Click to rate Rating 18Report abuse

....there should be mention of the relationship between Aspartame and Migraine attacks being triggered.....

- Observer, Gloucester, 8/3/2013 21:06

Click to rate Rating 17Report abuse

I'm convinced that artificial ANYTHING will make you sick and ultimately kill you. That goes to genetically modified foods, as well.

- MJT, Somewhere in the USA, 8/3/2013 21:03

Click to rate Rating 15Report abuse

DM conspiracy junkies at it again? Are you funded by the sugar industry or something? If there was anything wrong with aspartame there would be a clear step increase in cancers etc coinciding with its introduction. There isn't. Stop peddling rubbish.

- strix, London, 8/3/2013 21:02

Click to rate Rating 26Report abuse

Dont have a problem with any of the diet varieties of fizzy drink rip offs I dont drink them .Simple and effective .

- britool7, wellington - nz, 8/3/2013 20:54

Click to rate Rating 358Report abuse

so whats new?, heard about this 15 years ago, and nothing will get done, it makes too much money

- andyroo, hull, 8/3/2013 20:49

Click to rate Rating 880Report abuse

Its about time the truth came out. Profit before People again. Its in every diet drink and its hard to buy kids juice without it being full of aspartame its a faceless crime and pure greed.

- Dave, UK, 8/3/2013 20:45

Click to rate Rating 19Report abuse

Ban this deadly poison!

- themightyjoseph, birmingham, 8/3/2013 20:22

Click to rate Rating 20Report abuse

What's next, wearing socks increase risk of brain damage ? Always something to say for health experts

- penny boy, on the farm, 8/3/2013 20:17

Click to rate Rating 251Report abuse

Google "Aspartame poisoning"

- Lee, UK, 8/3/2013 20:03

Click to rate Rating 18Report abuse

Aspartame is one of the most dangerous fake food stuff you can put into your body, It was legitimized under bribery. All these reports cannot be wrong. I would not touch ANYTHING with that stuff in it. It should be banned ASAP

- goonerash, brisbane, Australia, 8/3/2013 20:01

Click to rate Rating 25Report abuse

oh for gods sake here we go again. anybody actually care anymore what these wackos say? stop feeding this drivel to us ok. we take control of our lives not you lot. every dam thing causes cancer even water get over it.

- TIREDofBRITAIN, hampshire, United Kingdom, 8/3/2013 19:59

Click to rate Rating 15Report abuse

Artificial sweeteners are pure evil. Chemicals. Much better to have a naturally sweetened cola as an occasional treat than to regularly drink sugar free cola. And why would anyone believe food authorities? Hasn't the horse meat scandal proved what a waste of money they are?

- jj, Wales, 8/3/2013 19:53

Click to rate Rating 38Report abuse

They are not going to convince me to start drinking anything with aspartame in it. If nothing else - better safe than sorry.

- mo, Carlisle, United Kingdom, 8/3/2013 19:52

Click to rate Rating 13Report abuse

One word missing from your article DM, say it with, come on everybody now, ah one, ah two, ah one two three four - oooooohhhhhh

"Phenylalanine!" Yay!

- Claire, Derry, Ireland, 8/3/2013 19:50

Click to rate Rating 6Report abuse

I went two weeks over in my pregnancy and diet coke was my craving, had a can a day!

- kate, Surrey, 8/3/2013 19:49

Click to rate Rating 240Report abuse

We've all known this for years.....your better off drinking the sugar laden regular drink. Aspartame is a well known carcinogenic and has been banned in some countries for many years Our Government cares very little as they put the profit needs of their corporate cronies first before public health-

- Anon_Wales, Wales, United Kingdom, 8/3/2013 19:40

Click to rate Rating 31Report abuse

Its been known for many years of the dangers of Aspartame...a highly toxic "food additive". The historical content on how this sweetener came about and its introduction into the food chain is an absolute shocker to say the least. I've been warning my children for many years to never drink or eat from anything that says 'sugar free' and be Aspartame aware.

- kevseywevsey, Manchester., 8/3/2013 19:33

Click to rate Rating 28Report abuse

Oh well, I may as well lay down and stop breathing, for it must be too late for me.

- RdS, California, 8/3/2013 19:32

Click to rate Rating 57Report abuse

I'm confused. Is the Daily Mail for or against scientific research?

It's only last week they were railing against Prof. Nutt, now they seem to be supporting a different doctor who (with no evidence) is coming out with nonsense

- salerio, Horsham, 8/3/2013 19:30

Click to rate Rating 16Report abuse

In 1989 at the height of "Mad Cow" disease in the UK I did some work for a person working as a research scientist who informed me then not to touch any food or drink with aspartame as tests were showing that amongst other things it was causing damage to the brain. 1989 is 24 YEARS ago and they are still using this chemical because it has no calories. Slowly but surely it seems that there is no person or public body we can trust to make sure we are not poisoned by the food and

drink that is meant to sustain us.

- Ex Pat Pommie, New Zealand, 8/3/2013 19:27

Click to rate Rating 36Report abuse

I have avoided everything with aspartame in for years and now it turns out for good reason. Such a shame that a lot of these so-called 'experts' are in the pockets of these big corporations and are telling us that this stuff is perfectly safe when it isn't. What else are we being mislead over?

- Slinky, Leeds, United Kingdom, 8/3/2013 19:18

Click to rate Rating 40Report abuse

EFSA aspartame (methanol, formaldehyde) toxicity scientific meeting [charade?] in Brussels, 7 hours, English language, Brussels, April 9, they select participants from online applicants by March 24: Rich Murray 2013.03.08
<http://rmforall.blogspot.com/2013/03/efsa-aspartame-methanol-formaldehyde.html>

Aspartame In Milk Petition Sparks Thousands [actually just 139] Of Angry Comments To FDA, Counter-Signatures [97,934 sign petition via SumOfUs.org], Rachel Tepper, The Huffington Post: Rich Murray 2013.03.07
<http://rmforall.blogspot.com/2013/03/aspartame-in-milk-petition-sparks.html>

Neurotoxins in Your Chocolate Milk? milk industry wants FDA to allow aspartame in dairy drinks and foods, Charles Foerster: Rich Murray 2013.03.03
<http://rmforall.blogspot.com/2013/03/neurotoxins-in-your-chocolate-milk-milk.html>

welcome to the WC Monte methanol formaldehyde toxicity paradigm via this treasury of studies -- depression, diabetes, retina harm, multiple sclerosis, cancer -- crisp Michele Bouchard 2001 review -- hangovers: Rich Murray 2013.02.21
<http://rmforall.blogspot.com/2013/02/welcome-to-wc-monte-methanol.html>

#6 diabetes 2 risk high for 2 cans aspartame diet drink weekly 14 years 66K women study, Guy Fagherazzi et al AJCN 2013 Jan -- methanol (cigarettes, aspartame) formed into formaldehyde inside cells in pancreas by ADH1 enzyme, WC Monte paradigm: Rich Murray 2013.02.13
<http://rmforall.blogspot.com/2013/02/6-diabetes-2-risk-high-for-2-cans.html>

The WC Monte January 2012 text is available at Amazon.com, "While Science Sleeps", low cost ebook, backed by his online archive of 745 free full text medical research references at WhileScienceSleeps.com , while two full chapters are free: Chapter 9, "Multiple Sclerosis" and 12, "Autism and Other Birth Defects."

ADH1 is "unusually highly concentrated" in the million tiny "isles of Langerhans" in the pancreas, where the beta cells make insulin -- cigarette use pairs with diabetes 2 risk, with a doubling of risk for smoking over a pack daily.

[page 172, "While Science Sleeps", 2012 January, Prof. Woodrow C. Monte, Food Science and Nutrition, Arizona State University, retired 2004

www.WhileScienceSleeps.com includes free online archive of 745 full text medical research references:

<http://www.whilesciencesleeps.com/references/>

<http://www.whilesciencesleeps.com/pdf/637.pdf> 5 pages

Bühler R., Pestalozzi D., Hess M., Von Wartburg JP.
Immunohistochemical localization of alcohol dehydrogenase in human kidney, endocrine organs and brain.
Pharmacol Biochem Behav. 1983;
18 Suppl 1:55-9 1983;18(Suppl 1):55-9.

<http://www.whilesciencesleeps.com/pdf/648.pdf> 12 pages

Willi C., Bodenmann P., Ghali WA., Faris PD., Cornuz J.
Active smoking and the risk of type 2 diabetes: a systematic review and meta-analysis.
JAMA 2007;298(22):2654-64.

<http://www.whilesciencesleeps.com/pdf/283.pdf> 5 pages

Wei M, Gibbons L, Mitchell T, Kampert J, Blair S.
Alcohol intake and incidence of type 2 diabetes in men.
Diabetes Care 2000;23(1):16-21. Ming Wei mwei@cooperinst.org]

All these diseases, including diabetes 2, are twice as harmful for those who never drink ethanol, compared to those who have just one standard drink a day, due to the inhibition of formation of formaldehyde from methanol by ADH1.

Ethanol is also made by fermentation by bacteria in the colon.

within the fellowship of service,

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BS MIT 1964 history and physics,

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